COMMUNITY

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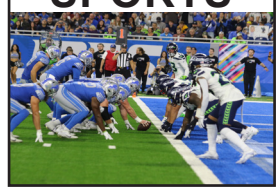
Amigos de SER Metro-Detroit
Celebrates 50th Anniversary

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 33, #49 • **October 6, 2022**

SPORTS



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Lions Lose Close Game
To Seahawks !!!

El programa bilingüe de capacitación para contratistas tiene como objetivo impulsar el trabajo de reducción de plomo

Por Nina Ignaczak, fundadora y editora de Planet Detroit.

Al crecer en el suroeste de Detroit, los padres de Sonia Alvarado le enseñaron a reparar casas, ambos carpinteros sindicalizados.

"Siempre había proyectos en curso. Sé mucho sobre construcción y oficios por mis padres", dijo. "Se trataba en gran medida de hacer todo el trabajo, aprender a hacer cosas."

Alvarado fue madre y adoptó a ocho niños y compartió ese conocimiento con sus hijos, y finalmente construyó un negocio familiar de remodelación de viviendas.

Durante COVID, ella y su esposo se separaron y él se quedó con la compañía. Alvarado decidió diversificarse en una dirección diferente y capacitarse en el trabajo de reducción de plomo.

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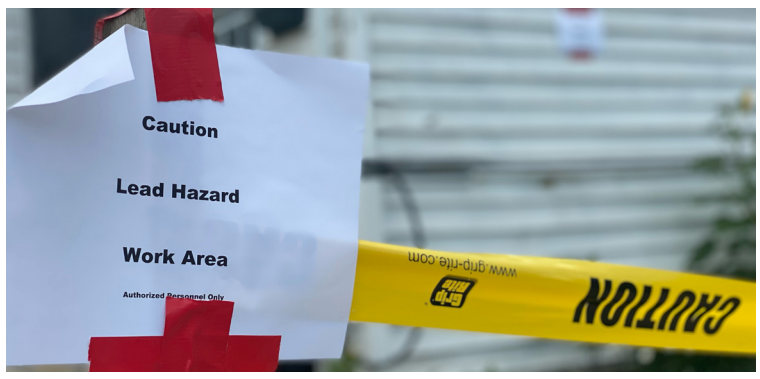
Bilingual Contractor Training Program Aims to Boost City's Lead Abatement Work in Southwest Detroit



Pictures provided by Planet Detroit

By Nina Ignaczak, Founder and Publisher of Planet Detroit.

Growing up in Southwest Detroit, Sonia Alvarado learned how to fix houses from her parents, both union carpenters.

"There were always projects going on. I know a lot about construction and the trades because of both of my parents," she said. "It was very much doing all the work, learning how to do stuff."

Later on, Alvarado parented and adopted eight children and shared that knowledge with her kids, eventually building a family business rehabbing homes. During COVID, she and her husband split up, and he kept the company. Alvarado decided to branch out in a different direction and get trained for lead abatement work.

Detroit needs certified lead contractors – most of whom work in private contracting companies – and inspectors.

cont on pg.3

Crear patrimonio hispano es invertir en Detroit

Por Estrella "Star" Crawford, Senior Vice President, Market Executive - Detroit, Bank of America

Como ocurre cada año durante el Mes de la Herencia Hispana, todos celebramos las contribuciones económicas, culturales y sociales de la comunidad hispana-latina a nuestra nación. Honramos el arduo trabajo de las generaciones pasadas para que sus hijos y las generaciones futuras puedan beneficiarse de más y mejores oportunidades.

Somos una comunidad fuerte y diversa, y por ese motivo, nos unimos para construir un futuro sin barreras y así poder alcanzar el éxito. En Bank of America nos comprometemos a llevar a cabo nuestra labor para generar un cambio positivo al ayudar a crear patrimonio hispano-latino en Detroit.

Los números son claros: el Censo de 2020 reveló que la población hispana-latina en Estados Unidos aumentó a 62,1 millones, lo que representa el 18.7 % de la población total del país, y un poco más de la mitad (51.1 %) del crecimiento de la población entre 2010 y 2020. Los hispanos-latinos ahora abren más pequeñas empresas que cualquier otro grupo. Asimismo, son el grupo demográfico de dueños de pequeñas empresas de más rápido crecimiento en toda la nación. Por lo tanto, no sorprende que el poder económico de los hispanos-latinos siga aumentando año tras año.

En Detroit, la población de los Hispanos-latinos es casi el 5 %, lo cual es casi 230,000 personas.

Invertir en negocios

Invertir en la creación de patrimonio hispano-latino significa impulsar a los emprendedores para que alcancen el éxito. El financiamiento durante la etapa inicial es clave para el crecimiento de nuevos negocios, especialmente cuando los empresarios hispanos-latinos enfrentan obstáculos relacionados con el conocimiento financiero y empresarial, así como para establecer redes de contactos.

De acuerdo con datos recogidos por Crunchbase, el año pasado los nuevos negocios o startups fundados por latinos representaron solo el 2.1% de las inversiones de riesgo en los EE. UU. Esto es injustificable.

En el marco de nuestro compromiso para promover la igualdad racial y las oportunidades económicas, hemos dedicado $350 millones a compañías dirigidas por minorías o mujeres a través de fondos de riesgo. Uno de cada cuatro fondos que tenemos en nuestra cartera está liderado por gerentes hispano-latinos, facilitando capital para que empresarios y propietarios de pequeños negocios puedan ampliar sus negocios, crear puestos de trabajo y mejorar la estabilidad financiera.

Continúa en la pág.6

Building Hispanic Wealth is Investing in Detroit

By Estrella "Star" Crawford, Senior Vice President, Market Executive - Detroit, Bank of America

Every year at this time — Hispanic Heritage Month — we collectively celebrate the economic, cultural, and social contributions of the Hispanic-Latino community to our nation. We honor the hard work of past generations which have allowed children and future generations to benefit from more opportunities.

As a strong and diverse community, we come together to help build a future where there are no barriers for success, and at Bank of America, we strive to do our part to make an impact by helping build Hispanic-Latino wealth in Detroit.

The numbers are clear: The 2020 Census revealed that the Hispanic-Latino population in the United States rose to 62.1 million, making up 18.7% of the total U.S. population and accounting for slightly more than half (51.1%) of the population growth between 2010 and 2020.

cont on pg.6

988
LÍNEA DE
PREVENCIÓN
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Y CRISIS
Si tú o alguien que conoces necesita apoyo, llama al 988 (servicio en español) o envía un texto al 988 o chat vía 988lifeline.org (en inglés).
PEP22-08-03-009

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¡El presidente Biden y los demócratas están trabajando muy duro por nuestras familias!

Gracias a ellos los costos diarios están bajando.

Los logros de la administración Biden-Harris para los latinos son muchos:

- El nivel de desempleo entre los hispanos tocó su mínimo histórico
- Ahora los latinos tienen más acceso que nunca a tener un seguro médico
- Los latinos están abriendo nuevos pequeños negocios al ritmo más rápido en la última década
- Gracias al perdón federal a la deuda estudiantil del presidente Biden, la mitad de los prestatarios latinos verá su deuda cancelada por completo

Mientras tanto los republicanos extremistas no tienen ningún plan para ayudarnos, ellos votaron en contra de medidas para reducir los costos e incluso están tratando de atacar nuestras libertades y hasta nuestros derechos reproductivos. ¡No lo podemos permitir!

La elección es clara, los demócratas luchan incansablemente para proteger a nuestros niños, gracias a ellos se aprobó la mayor reforma de seguridad en el uso de armas de fuego en décadas.

¡Este noviembre los latinos vamos hacia adelante con los demócratas, el partido que lucha por nosotros!

Para más información visita:
DEMOCRATS.ORG/ES/

Pagado por el Comité Nacional Demócrata democrats.org.
No autorizado por ningún candidato o comité de candidato.

ADELANTE
CON LOS DEMÓCRATAS

VOTE NOW
AT YOUR CLERK'S OFFICE

REGISTERED VOTERS
CAN VOTE EARLY AT THEIR CLERK'S OFFICE
FROM SEPTEMBER 29 UNTIL 4:00 P.M. ON NOVEMBER 7
– THE DAY BEFORE THE ELECTION.

REGISTERED VOTERS HAVE SEVERAL WAYS TO VOTE.

- Vote at home and put your ballot in the mail by October 25.
- Vote at home and drop your ballot off at your clerk's office or secure drop box by 8:00 p.m. on Election Day, November 8.
- **Vote at your city or township clerk's office or satellite office from September 29 until 4:00 p.m. on November 7.**
- Vote in person at your polling location 7:00 a.m. – 8:00 p.m. on November 8.

VOTE AHORA
EN LA OFICINA DE LA SECRETARÍA DEL AYUNTAMIENTO

LOS VOTANTES REGISTRADOS
PUEDEN VOTAR TEMPRANO EN LA OFICINA DE LA SECRETARÍA DEL AYUNTAMIENTO
DESDE EL 29 DE SEPTIEMBRE HASTA EL 7 DE NOVIEMBRE A LAS 4:00 P.M.
– EL DÍA ANTES DE LAS ELECCIONES.

LOS VOTANTES REGISTRADOS TIENEN VARIAS FORMAS DE VOTAR:

- Vote desde su casa y envíe su papeleta electoral por correo para el 25 de octubre.
- Vote desde su casa y entregue su papeleta electoral en la oficina de la secretaría del ayuntamiento o deposítela en el buzón especial seguro antes de las 8:00 p.m. del 8 de noviembre, el día de las elecciones.
- **Vote en la secretaría del ayuntamiento de su ciudad o municipio o en una de sus oficinas satélite desde el 29 de septiembre hasta el 7 de noviembre a las 4:00 p.m.**
- Vote en persona en su casilla electoral el 8 de noviembre, entre las 7:00 a.m. y las 8:00 p.m.

YOUR VOICE MATTERS, **MAKE SURE IT'S HEARD THIS ELECTION.**

KNOW YOUR VOTING RIGHTS – **MichiganVoting.org**

SU VOZ IMPORTA, **ASEGÚRESE DE SER TOMADO EN CUENTA EN ESTAS ELECCIONES.**

CONOZCA SUS DERECHOS ELECTORALES – MichiganVoting.org/**SpanishResources**

Lead Abatement Work

Con't from pg. 1

In 2019, the city received $9.7 million in grants from the U.S. Department of Housing and Urban Development (HUD) for lead abatement work in Southwest Detroit, where more than 75% of homes were built before 1940. Any home built before 1978, when Congress banned lead in paint, is at risk of having lead paint. It aims to mitigate or abate lead in 450 Detroit homes in the 48209 zip code, prioritizing those with children, who are especially vulnerable to lead exposure. The program has faced obstacles between the pandemic and a shortage of contractors.

Lead is a potent neurotoxin that can lead to learning, behavior, hearing, and speech problems. Exposed kids may have reduced IQ and attention problems. Once a child is identified as having an elevated level of lead, it's imperative to identify and reduce sources of exposure from the child's environment. There is no safe blood level for lead. Children in Detroit face 1.5 times the rate of elevated blood levels as those in Michigan.

Alvarado is bilingual; she speaks both Spanish and English. That, combined with her construction knowledge, makes her an excellent candidate for the city's lead abatement program in 48209, where many families speak only Spanish and where more than 16,000 Hispanic contractors live and work in the City of Detroit, according to census data.

Alvarado connected with Bridget Espinosa, whose firm Puente Cultural Integration had begun a lead contractor training program to certify Spanish-speaking and bilingual contractors to do lead abatement work. She received the training along with four of her children, who are also bilingual.

After becoming certified, Alvarado was hired by the city as a building inspector, focused on inspecting lead abatement projects. She said that having a bilingual background is crucial to completing projects where homeowners speak Spanish because language barriers can result in miscommunication and delays. Alvarado was about to head out to a home where confusion over the presence of a family dog had resulted in a project being delayed for nearly a year.

"Even small things can make a big difference – so having bilingual inspectors and contractors is absolutely necessary," she said.

The training program is operating with $300,000 in grant funding from the Erb Family Foundation and the Gilbert Family Foundation over two years. Global Detroit, a local economic development nonprofit, serves as Puente's fiscal agent. The City of Detroit Housing & Revitalization Department is a partner in the project and is providing an additional $50,000 in reimbursable funding to Global Detroit. According to Espinosa, many certified workers have found work with contracting firms or have launched their own businesses.

Puente offers two paths to certification – a four-day training to become a certified lead worker or five days to become a lead supervisor, both are taught in either Spanish or English. An additional one-day EPA certification in RRP (Renovation, Repair, and Painting) is also included.

So far, 42 Spanish-speaking or bilingual lead contractors have been certified through the program; they hope to train more than 100 over the two years. Out of those certified, 17 have been women. Some of those women have launched commercial cleaning businesses to service lead abatement companies, which Espinosa describes as a "win-win" for everyone involved.

"These women are making substantially more than they would have made just working for a general contractor that's not doing lead abatement work. And they're providing a huge service to the lead abatement companies," she said.

When Espinosa first connected with the city in 2019, she discovered "they didn't have a single contractor that was certified that spoke Spanish, and they knew that 75% of the homes that they were going to be fixing up had Spanish speaking residents," she said.

Espinosa's firm, Puente, provides small business coaching services to Spanish-speaking entrepreneurs, including small contractors, in the region.

"It's not easy for our immigrant community to just sign up for a class and take it, and at the time, when we first started this program, there was no such thing as a bilingual class – it didn't exist, " Espinosa said. So she started by finding a company with one certified bilingual contractor and launched the first bilingual cohort in 2020.

"It was the very first time in the history of the state of Michigan that there was a Spanish language class taught and that we had Spanish language supervisors certified," Espinosa said. "The whole thing was done in Spanish – the class was taught in Spanish, the testing was done in Spanish."

Through her work, Espinosa has found that immigrant contractors require extra support beyond bilingual courses. So Espinosa and her team take extra steps to assist with the test, helping register cohort members with the state testing center, offering transportation to Lansing to take the test up to three times, feeding them, providing business technical assistance, and offering a stipend to cover time off from work to attend the training. The total cost of these services runs about $3,500 per participant.

Espinosa said continued challenges include the test itself, although it is translated into Spanish, there is not a universal dialect and is very different from the one spoken by most of the participants from Mexico.

"And so we are kind of filling in that gap," she said. "We are that bilingual bridge to support the connectivity between our immigrant community and resources and opportunities."

The Puente team is currently enrolling for its next bilingual cohorts which will take place November 7-11, 2022, and again in February. The deadline to enroll is October 17th. All Spanish-speaking workers from Metro Detroit are eligible to apply. More information can be found at businessalianzas.org/events or by contacting Puente General Manager Yazmin Payan at 313-349-0089 or by email team@puenteci.com.

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PENSAMIENTOS Y RECUERDOS
Jose Guadiana & Detroit's Comité Patriotico
Its early history

By: Ozzie Rivera

Over the past year I had a number of conversations with Maria Guadiana to gain a deeper understanding of Detroit's Latino history. Regular readers of my column may recollect her name when I first interviewed her about the founding in 1971 of Wayne State's Latino and Latin American Studies (formerly Latino En Marcha/Chicano Boricua Studies) and more recently when she introduced me to her brother Ray Guadiana, a founding member of the 50's-60's era Doo Wop group, the Latin Counts. It was during the latter interview, while we walking through Ray's fantastic art studio, that she mentioned that her father, Jose Guadiana, was the first President of the then newly chartered Comité Patriotico Mejicano in 1930.

Though some documents trace the organization's origins earlier to 1923, it was not officially incorporated till 1930. What I did not realize till a recent conversation with her, was that El Comite was established as a coalition of five different organizations. They included the Comisión Honorífica Mexicana, Cruz Azul Mexicana, Club Chapultepec, Círculo Clabenangence and Círculo Mutualista Mexicano, the latter organization formed in 1919. During its early years the coalition broadened its outreach and encompassed 34 organizations. Its reach was wide and included sports clubs, veterans' groups, workers and labor organizing organizations, church affiliated groups, business and professional entities as well as educational and leadership training groups. Having worked in coalition efforts during my lifetime the idea the Comité Patriotico in its early years successfully followed this organizing approach is quite amazing. The organizers' ability and foresight to sustain such a coalition for a significant period should never be underestimated.

While speaking about her father's organizing she mentioned others who played a key role in sustaining the organization. Some of those mentioned included community advocate and radio personality Angel Cornejo (Serenata de mi Barrio) the historian Lucy Arellano Gajec, Sergio de la Garza, and Alberto Pulido among many others. As I listened to her mention their names I reflected on how lucky I was to have met and known these individuals during my early years as a community worker and youth center director.

Jose Guadiana, served as the Comite's president on a couple of occasions, the last time from 1957-1958. He also served in other leadership positions within the organization. She remembers him as the strong but silent type. Born in 1892, it was noted in his obituary Mr. Guadiana was involved in the Mexican Revolution. He was on occasion referred to by close friends and Comite leaders as "El General" because of this involvement. She recollects that this was especially so with another early El Comite organizer and former president

Jose and Maria Guadiana

Jose Guadiana

of the organization, Francisco Flores, who along with his sister Irene would affectionately call him by that title.

It is Maria's understanding her father somehow fell into disfavor with Pancho Villa. After someone alerted him of such Mr. Guadiana left Durango Mexico arriving into the United States through Brownsville or Ramonville in Texas. Though he did not speak much about the Revolution, apparently, he was a key figure in Carranza's army. As I listened to this story I remember as a very young person growing up in the Corktown neighborhood and when talking to some of my Mexican and Mexican American friends many would mention the fact that one of their parents and/or grandparents had been involved with the Mexican Revolution.

Maria recollects a childhood where she attended numerous dances and activities organized by her father. The conversation moved on to the great work that Lucy Arellano Gajec did on behalf of El Comite and the Detroit Latino community in her long-term role as a community historian and archivist. Maria, who maintains an archive of some El Comite's early documents, event programs and dance flyers, mentioned that in her possession she has some of Dr. Gaejic's archival photos and other documents which were given to her by her daughter. Maria made special mention that one of Dr. Arrellano- Gajec's first efforts was to document the repatriation of a number of her countrymen from the Detroit area to Mexico during the 1930's.

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Ozzie Rivera, a retired social worker, is a cultural activist and musician who currently teaches on Afro Latino History and Culture at Wayne State University and social work at the University of Michigan.

SPECIAL, WORLD'S CULTURES

Migration

Migration

The identity of a person is revealed on a daily basis from expressions that range from the smallest to achieving bigger sets that are a mirror of both collective and personal memory.

In the collective, the habits that are transmitted as if they would be genetic chains inherited below our consciousness, but having effects on our daily lives manifested in the ways of perceiving development opportunities and our ability to take them. In the personal memory, configuring ourselves as individuals capable of questioning to repeat or replicate or renounce to our environment; in either case, the result is the construction of a different environment, either redefined/fractured or replicated/fractured.

The migratory relationship between Mexico and the United States has been documented since the end of the 19th century, and the impact of that emigration from rural Mexican communities at the end of the 20th century was not only visible, but also measurable, on the one hand, in terms of remittances, and on the other, in terms of uninhabitability; rural communities that year after year reduced their population, and this migrants before, without thinking the number of professionals who leave their countries with desires where their careers will have bigger chances of success . But that is not all, since professional and intellectual emigration is also an important social phenomenon that haven't been enough studied, though, we can tell that many recently graduated students apply for master's degrees or doctorates in the United States in an effort to find opportunities for growth and development there. Both scenarios as manifestations of the American Dream and the longing for progress.

It is common to think about the people who has emigrated from the country side, however, what about the migration of professional development? Let's talk about entrepreneurs,

artists, researchers, athletes, people who leave their countries of origin with the project of promoting their personal and family projects. Even those in search of love to be reunited with whom they yearn for so much.

It is essential to raise awareness as members of cultural miscegenation, members of multiple communities, how our parents may be from the same culture in another country, how our mother may be Mexican, father Honduran and us Americans born and raised in the United States.

Sometimes I think about all this, about the causes of emigration and the nostalgia to return, although unable to leave what is new. A poet said, we live in constant exile, wherever we go, we miss the other place. It seems, then, that migrants live A Dos Puertas, through two doors.

Diles que lo viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

ESPECIAL CULTURAS DEL MUNDO

La Migración

La Migración

La identidad de una persona se devela en el día a día a partir de expresiones que van de lo ínfimo hasta lograr conjuntos que son un espejo tanto de la memoria colectiva como de la personal. En lo colectivo, los hábitos

que se transmiten como si fueran cadenas genéticas por debajo de nuestra conciencia, pero teniendo efectos en nuestra vida cotidiana manifestados en las formas de percibir las oportunidades de desarrollo y nuestra capacidad para tomarlas. En lo personal, configurándonos como individuos capaces cuestionar para repetir o replicar o renunciar a nuestro entorno; en cualquiera de los casos, el resultado es la construcción del entorno, ya sea uno redefinido/fracturado o replicado/fracturado.

La relación migratoria entre México y Estados Unidos se tiene documentada desde

finales del siglo XIX; el impacto de la emigración de las comunidades rurales mexicanas a finales del siglo XX fue no sólo visible, sino numerable, por un lado, en términos de remesas, y por otro, en términos de deshabitabilidad; comunidades rurales que año con año redujeron sus habitantes, sin cortar el número de profesionistas que dejan sus países con miras a otros donde sus carreras tengan . Mas ahí no queda todo, pues la emigración profesional e intelectual también es un fenómeno social importante donde estudiantes recién egresados aplican a maestrías o doctorados en Estados Unidos con el afán de encontrar allí oportunidades de crecimiento y desarrollo. Ambos escenarios como manifestaciones del Sueño Americano y de la añoranza por el progreso.

Es común pensar que las personas que emigran del campo, sin embargo, ¿Qué hay de la migración del desarrollo profesional? Hablemos de empresarios, artistas, investigadores, deportistas, personas que salen de sus países de origen con el proyecto de impulsar sus proyectos tanto personales, como familiares. Incluso aquellos en busca del amor para reunirse con quien tanto añoran.

Es fundamental sensibilizarnos como miembros del mestizaje cultural, miembros de comunidades múltiples, como puede que nuestros padres sean de la misma cultura en otro país, como puede que nuestra madre sea mexicana, padre hondureño y nosotros estadounidenses nacidos y criados en Los Estados Unidos.

A veces pienso en todo ello, en las causas de la emigración y la nostalgia por volver, aunque imposibilitados a dejar aquello nuevo. Decía un poeta, el constante exilio, a donde sea que vayamos, extrañamos al otro lugar. Parece, pues, que los migrantes viven A Dos Puertas.

Sigue cada semana en **EL CENTRAL** nuestro

ESPECIAL CULTURAS DEL MUNDO,

by Mariana Ayón RV

Building Hispanic Wealth is Investing in Detroit

Con't from pg. 1

Hispanic-Latinos now open more small businesses than any other group in the country and are also the fastest-growing demographic of small business owners across the nation. It is also not surprising that Hispanic-Latino economic power continues to grow year after year. In Detroit, the Hispanic-Latino populations make up almost 5% of the population, which equates to almost 230,000 people.

Investing in Business

Investing in Hispanic-Latino wealth means supporting entrepreneurs and setting them up for success. Early-stage funding is critical for the growth of a new business, especially when Hispanic-Latino entrepreneurs still face gaps in financial literacy and business education, funding and networking opportunities.

Yet, according to data from Crunchbase, Latino-founded startups accounted for only 2.1% of venture investments in the U.S. last year. This is unacceptable.

As part of our commitment to advancing racial equality and economic opportunity, we have dedicated $350 million in minority- and women-led companies through capital investment by mission-focused venture funds. Of the funds in our portfolio, one in every four are led by Hispanic-Latino managers, providing capital that will help entrepreneurs and small business owners grow their businesses, create jobs and improve financial stability.

An important element to creating opportunities for the Hispanic-Latino community to build wealth, as business owners or as employees, is ensuring that young people recognize higher education as a pathway to achieve success. That means partnering with colleges and universities and investing in job creation, skills-building and support services for students to do so. In Detroit, we've participated in mentoring programs for Wayne State University's Center for Latino/a and Latin American Studies (LAS). We also partner with SER Metro Detroit, Michigan Hispanic Chamber of Commerce, Southwest Detroit Business Association and ALPFA (Association of Latino Professionals For America). When we invest in students, we are investing in future professionals and business leaders who will build Hispanic-Latino wealth and contribute to Detroit's economy and culture. This is something we can celebrate together for years to come.

Investing in Sustainable Homeownership

Sustainable homeownership provides a lasting investment for future generations and cycles capital back into the community. The National Association of Hispanic Real Estate Professionals (NAHREP) recently released data showing an increase in Latino homeownership, from 47.5% percent in 2019 to 48.4% in 2021, the highest level since the mid-2000s. Through the Community Homeownership Commitment, which provides low down payment loans and closing cost grants, families can take their savings and turn them into lasting legacies. It is a pillar for families to build wealth. Here in Detroit, we also partner with direct funding to Southwest Economic Solutions and National Faith Homebuyers. Building Hispanic-Latino home equity increases the amount of capital families can use now or in the future helping build our Detroit economy.

During the past decade, the rate of Hispanic-Latino economic development has far outpaced rates among non-Hispanics. Supporting and honoring our Hispanic-Latino clients is not just a month-long initiative, it is a long-term, generational investment in America and we are proud to be investing in a stronger economy for Detroit now and for years to come.

Crear patrimonio hispano es invertir en Detroit

Con't de pg. 1

Un factor importante para crear oportunidades para que los hispanos-latinos tengan éxito y puedan crear un patrimonio, ya sea como dueños de negocios o empleados, es garantizar que nuestros jóvenes reconozcan la importancia de la educación para alcanzar el éxito. Eso significa establecer lazos con universidades e invertir en la creación de puestos de trabajo, en formación y desarrollo, y prestar los servicios necesarios para apoyar a los estudiantes. En Detroit, hemos participado con la Universidad de Wayne State, en el Centro de Estudios Latinos como mentores. También nostoros apoyamos a organizaciones como SER Metro, Michigan Hispanic Chamber of Commerce, Southwest Detroit Business Association y ALPFA (Association of Latino Professionals For America). Cuando invertimos en nuestros estudiantes, estamos invirtiendo en los próximos profesionales y líderes empresariales, que crearán un patrimonio hispano-latino y contribuirán a la economía y la cultura de Detroit.

Invertir en la posibilidad de comprar una vivienda de manera sostenible

La vivienda sostenible ofrece una inversión duradera para las generaciones futuras, y al mismo tiempo, es una manera de reinvertir en las comunidades. La Asociación Nacional de Profesionales Hispanos en Bienes Raíces (NAHREP) desveló recientemente un informe en el que se detalla un aumento en la compra de casa por parte de latinos, del 47.5 % por ciento en 2019 al 48.4 % en 2021, el nivel más alto desde mediados de la década de los años 2000.

A través del Programa para Comprar Casa Propia de Bank of America®, el cual ofrece préstamos con pago inicial bajo y ayuda económica para los costes de cierre, las familias pueden convertir estos ahorros en su legado. Comprar una casa es una de las maneras más seguras para crear un patrimonio. Aquí en Detroit, también trabajamos junto con / ofrecemos financiamiento directo a Southwest Economic Solutions y National Faith Homebuyers. Crear Valor líquido/Capital de la vivienda de hispanos-latinos aumenta la cantidad de capital que las familias pueden usar ahora o en el futuro para ayudar a impulsar nuestra economía en Detroit.

Durante la década pasada, el ritmo de desarrollo económico hispano-latino superó en gran medida las tasas entre los no hispanos. En Estados Unidos, apoyar a nuestros clientes hispanos-latinos no es simplemente una iniciativa a lo largo de un mes, es una inversión generacional a largo plazo, y nos enorgullece poder invertir en una economía más fuerte para Detroit, ahora y siempre.

Trabajo de reducción de plomo

Con't de pg. 1

Detroit necesita contratistas certificados en plomo - la mayoría de los cuales trabajan para empresas privadas de construcción - e inspectores para el trabajo de reducción de plomo. En 2019, la ciudad recibió $9,7 millones en subsidios por parte del Departamento de Vivienda y Desarrollo Urbano de EE. UU., HUD por sus siglas en inglés (U.S. Department of Housing and Urban Development) para casas en el suroeste de Detroit, donde más del 75 % de las casas se construyeron antes de 1940. Cualquier casa construida antes de 1978, cuando el Congreso prohibió la pintura con plomo, corre el riesgo de tener pintura con plomo. Su objetivo es mitigar o reducir el plomo en 450 hogares en el código postal 48209 de Detroit, priorizando aquellos donde viven los niños, que son especialmente vulnerables a la exposición al plomo. Entre la pandemia y la escasez de contratistas, el programa ha enfrentado obstáculos.

El plomo es una potente neurotoxina que puede provocar problemas de aprendizaje, comportamiento, audición y habla. Los niños expuestos pueden tener un coeficiente intelectual reducido y problemas de atención. Una vez que se identifica que un niño tiene un nivel elevado de plomo, es imperativo identificar y reducir las fuentes de exposición del entorno del niño. No existe un nivel seguro de plomo en la sangre. Los niños de Detroit enfrentan una tasa de 1,5 veces mayor en niveles sanguíneos en comparación a los del resto de Michigan.

Alvarado es bilingüe; ella habla español e inglés. Eso, combinado con su conocimiento de la construcción, la convierte en una excelente candidata para el programa de reducción de plomo de la ciudad en 48209, donde muchas familias solo hablan español y donde viven y trabajan más de 16,000 contratistas hispanos en la ciudad de Detroit, según datos del censo.

Así que Alvarado se conectó con Bridget Espinosa, cuya firma Puente Cultural Integration había comenzado un programa de capacitación en plomo para contratistas bilingües y de habla hispana para realizar trabajos de reducción de plomo. Ella recibió la capacitación junto con cuatro de sus hijos, quienes también son bilingües.

Después de recibir la capacitación, Alvarado fue contratada por la ciudad como inspectora de edificios, enfocada en inspeccionar proyectos de eliminación de plomo. Tener antecedentes bilingües es crucial para completar proyectos en los que los propietarios hablan español, dijo, porque las barreras del idioma pueden provocar problemas de comunicación y demoras. Alvarado estaba en camino a una casa donde la confusión sobre la presencia de un perro de la familia había provocado que un proyecto se retrasara casi un año.

"Incluso las cosas pequeñas pueden marcar una gran diferencia, por lo que es absolutamente necesario contar con inspectores y contratistas bilingües", ella comentó.

El programa de capacitación está operando con $300,000 en subsidios por parte de Erb Family Foundation y Gilbert Family Foundation durante dos años. Global Detroit, una organización sin fines de lucro de desarrollo económico local, se desempeña como agente fiscal de Puente. El Departamento de Vivienda y Revitalización de la Ciudad de Detroit (The City of Detroit Housing & Revitalization Department) apoya el proyecto y está proporcionando $50,000 adicionales en fondos reembolsables a Global Detroit. Según Espinosa, muchos de los ya certificados han encontrado trabajo con empresas de construcción o han iniciado sus propios negocios.

Puente ofrece dos caminos hacia la certificación: una capacitación de cuatro días para convertirse en trabajador certificado en reducción de plomo y cinco días para convertirse en un supervisor en reducción de plomo, ambos se ofrece en español o inglés. También, el programa incluye otro día de certificación en RRP (Renovación, Remodelación y Pintura) por parte de la Agencia de Protección Medioambiental (EPA por sus siglas en inglés).

Hasta el momento, 42 contratistas han sido certificados a través del programa, la mayoría de los cuales de habla hispana o bilingües; ella espera entrenar a más de 100 durante los dos años. De los ya certificados, 17 han sido mujeres. Algunas de esas mujeres han lanzado negocios de limpieza comercial para dar servicio a empresas de reducción de plomo, lo que Espinosa describe como un "ganar-ganar" para todos los involucrados.

"Estas mujeres ganan sustancialmente más de lo que estarían ganando trabajando para un contratista general que no realiza trabajos de reducción de plomo. Y están brindando un gran servicio a las empresas de reducción de plomo", dijo.

Cuando Espinosa se conectó por primera vez con la ciudad en 2019, descubrió que "no tenían ni un solo contratista certificado que hablara español, y sabían que el 75 % de las casas que iban a reparar tenían residentes latinos, " ella dijo.

Puente, la firma de Espinosa, brinda servicios de asesoría para pequeños negocios a empresarios latinos, incluidos negocios de construcción, en la región.

"No es fácil para nuestra comunidad inmigrante simplemente inscribirse en una clase y tomarla, y en ese momento, cuando comenzamos este programa, no había clases bilingües - no existían", dijo Espinosa. Entonces, comenzó por encontrar una empresa con un entrenador certificado bilingüe y lanzó los primeros cursos bilingües en 2020.

"Fue la primera vez en la historia del estado de Michigan que se impartía una clase en español y que teníamos supervisores inmigrantes certificados", dijo Espinosa. "Todo se hizo en español: la clase se impartió en español, las pruebas se realizaron en español".

A través de su trabajo, sabían que los contratistas inmigrantes requerían apoyo adicional más allá de los cursos bilingües. Entonces, Espinosa y su equipo toman medidas adicionales para ayudar con la prueba, ayudando a registrar a los miembros del grupo en el centro de pruebas estatal, ofreciendo transporte a Lansing para tomar la prueba hasta tres veces, alimentándolos, brindando asistencia técnica empresarial y ofreciendo un estipendio a cubrir el tiempo perdido del trabajo para asistir a la capacitación. El costo total de estos servicios ronda los $3,500 por participante.

Espinosa dijo que los desafíos continuos incluyen la prueba en sí, que está en español pero usa una versión no universal muy diferente al que hablan la mayoría de los participantes que vienen de diferentes regiones de México. Logró que el estado permitiera que los intérpretes tradujeran la prueba al español que entendieran los miembros del grupo.

"Y entonces estamos llenando ese vacío", dijo. Somos ese puente bilingüe para apoyar la conectividad entre nuestra comunidad inmigrante a los recursos y oportunidades".

El equipo de Puente actualmente está inscribiendo para sus próximos cursos bilingües que se llevarán a cabo del 7 al 11 de noviembre del 2022 y nuevamente en febrero. La fecha límite para inscribirse es el 17 de octubre. Todos los trabajadores de habla hispana en Metro Detroit son elegibles para presentar una solicitud. Se puede encontrar más información en businessalianzas.org/events o comunicándose con la Gerente General de Puente, Yazmin Payan, al 313-349-0089 o por correo electrónico a team@puenteci.com.

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Sonia Alvarado on-site at a lead abatement project in southwest Detroit home. Photo credit Erin Wakeland
Sonia Alvarado en el sitio en un proyecto de reducción de plomo en una casa en el suroeste de Detroit. Crédito de la foto Erin Wakeland

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The Rise of La Jalisciense

Southwest Detroit Restaurant Week, profile

By: Irma Maribel Andrade

La Jalisciense Supermercado Y Taqueria, located at 3923 Vernor Hwy, Detroit, MI 48216, bridges two worlds. It is a family owned and operated business that implements business customs found in Mexico, and throughout Latin America, here in Southwest Detroit with a new and young vision.

José Vargas Jr (22) is the eldest of four children and the chef that day at La Jalisciense Supermercado y Taqueria. He remembers the day his family picked him and his siblings up from school with the news that "ya encontramos algo", "we found something". That something, turned out to be the family's new business venture. Each member of the family contributes their talents towards the family business. The Vargas family embodies the belief that success is a community effort that requires many people coming together for a shared vision.

A culinary arts student at Schoolcraft College José dreams of reconceptualizing Mexican food and wants people to see the variety and richness that Mexican food has to offer. Oftentimes when people think of authentic Mexican food they think of cheap food and this is something that José wants to change. José made us Bistec Ranchero. It is sauteed beef with onions, topped with a tomato and pepper base sauce. This is typically a breakfast dish served with rice and beans, but can be enjoyed at any time of the day.

Like most other restaurants the kitchen is the busiest place and gives you a unique glimpse behind the scenes. Waitstaff come in and out with dishes, other cooks worked on orders and prep for the day. Between cooking and joking with staff, José was singing along to the ranchera playing in the kitchen, El Hijo Desobediente by Antonio Aguilar.

José chose the Bistec Ranchero dish because la salsa ranchera, the sauce that tops the steak, is the one of the first recipes he began to experiment with. Traditionally salsa ranchera is a runny and watery mixture however the sauce he used on the dish was thick and rich with chunks of sweet peppers, onions and tomatoes. It had a smokey complex taste that created an explosion of flavors with each bite and brought out the taste of the caramelized onions and steak. Created by José this sauce is unique to La Jalisciense.

José Manuel Vargas Sr, originally from San Ignacio Jalisco Mexico, bought the storefront business in 2011. He comes from a family of business owners and has owned and operated supermercados or grocery stores in various parts of Mexico. Since buying the business he has worked hard to constantly improve the family business, even building the indoor bar and tejaban (outdoor porch) himself!

Vargas Jr & Sr shared a common memory of walking into the store when they first bought it. They remember seeing and feeling the dust that had accumulated on the grocery shelves. Through hard work and dedication the entire Vargas family has brought new life into this business. They continue to innovate and think of ways that they can incorporate their Mexican culture and customs into the realities of running a business in the US.

The family's desire to own and run La Jalisciense has a unique fluidity. On the first Sunday it was open, José Manuel remembers making $280. Since then, they have come a long way. The Vargas family have a vision of the end goal and are willing to change course and modify as needed. While at the counter José Manuel Vargas Sr shared the story of how when they first started selling carnitas his youngest son, then 10 years old, volunteered to give out tacos de carnitas to passing customers as a sample. A common practice in Mexico, they quickly became the talk of Southwest and his son is still recognized as "el niño de las carnitas". He shared this story to show how each of his children have helped the family business in their own way.

****

Irma Maribel Andrade is a born and raised Detroiter, she is passionate about "lifting others as you climb". She is a daughter of immigrants from San Luis Potosi, Mexico and a first generation college graduate from UM-Ann Arbor currently pursuing a Masters in Social Work. When she is not studying, Irma spends her time gardening, crafting, advocating for social justice and being wife & mom of two.

José Vargas Jr. (22) is the eldest of four children and a chef at La Jalisciense Supermercado y Taqueria

Bistec Ranchero is a sautéed beef with onions, topped with tomato and pepper base sauce

José Manuel Vargas Sr, originally from San Ignacio Jalisco Mexico, bought the storefront business in 2011

Vargas Jr & Sr continue to innovate and think of ways that they can incorporate their Mexican culture and customs into the realities of running a business in the US.

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SER Metro-Detroit Celebrates 50th Anniversary

On September 29, SER Metro-Detroit commemorated its 50th Anniversary at the Marriott Hotel in Downtown Detroit at its Annual Amigos de SER Business Recognition Luncheon. Over 600 people were in attendance as SER Metro-Detroit, also known as The Unified SER Family, recognized its business, community and funding partners and presented awards to several program graduates for their academic achievements. Mayor Duggan gave greetings and a congratulatory message. Comerica Bank was the Event Sponsor, and Mr. Curtis C. Farmer, Chairman, President and CEO of Comerica Incorporated and Comerica Bank, delivered the keynote address.

"It was great to finally hold an in-person event after over two and a half years of dealing with this global pandemic," said Eva Garza Dewaelsche, President and CEO of SER Metro. "It gave us the opportunity to express our gratitude to our partners, and to celebrate SER's critical work of enriching countless lives of those facing economic, education and employment barriers."

Four SER graduates received Journey to Success Awards including Aron Castlin, Wesley Dominguez, Ivory Frith-Walker, and Tracey Riggs. In addition, two graduates, Joahanna Flores and Onyekachi Olisakwe, received a $1,000 scholarship from SER's Frank D. Stella Scholarship program presented by his daughter, Mary Ann Stella. Comerica Bank was recognized as SER's Amigo of the Year and Magna Seating received the Employer of the Year Award. A special tribute was given to Ignacio Salazar, current President and CEO of SER National who was President and CEO of SER Metro-Detroit from 1975-2007.

Detroit Mayor Mike Duggan addresses the Amigos audience as Eva Garza Dewaelsche looks on

Unified SER Family membe

Eva Garza Dewaelsche accepts a tribute gift from the Unified SER Family Management Team

Manuela Zarate presents the Employer of the Year Award to Sharon Burden representing Magna Seating

Frand D Stella Award Recipient Onyekachi Olisakwe, center, with Mary Ann Stella, left, and Ann Leen

Western International High School ROTC

From Left, Robert Dewaelsche, Eva Garza Dewaelsche and luncheon MC Estrella Crawford

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ers representing SER Metro-Detroit, Illinois, and Texas

From left, Robert Jones, Eva Garza Dewaelsche, Jane Garcia and David Lewis

From left, Ignacio Salazar, Curtis Farmer, Eva Garza Dewaelsche and Raymond Lozano

Journey to Success Awardee Aron Castlin, with Ann Leen, left, and Veronica Sanchez Peavey

Ignacio Salazar, President and CEO of SER National, addresses the audience

Journey to Success Awardee Wesley Dominguez, center, with Ann Leen, left, and Veronica Sanchez Peavey

SER ReBuild Detroit student Charlie Anderson presents his drawing of the Mayor to His Honor Mayor Mike Duggan

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Lions Lose Close Game To Seahawks !!!

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Sunday, the Detroit Lions lost another close game, to the Seattle Seahawks 48-45. The Lions came back from 15 - 24 halftime deficit, to get to 3 points from tying the game. The Detroit Lions travel to Gillette Stadium, this Sunday, October 9th, to take on the New England Patriots at 1:00 pm (FOX). The Detroit Lions have a BYE week on October 16th, then travel to AT&T Stadium, to take on the Dallas Cowboys, on Sunday, October 23rd at 1:00 pm (CBS), before returning to Ford Field, on Sunday, November 6th, to host the Green Bay Packers at 1:00 pm (FOX).

Photos below are highlights from the Detroit Lions vs. Seattle Seahawks

Photos by: Mike Alberts/ EL CENTRAL

Detroit Lions get set at the goal line

Detroit Lions TE #88 T.J. Hockenson scoring one of his two TDs (above) and warming up before the game (below). Hockenson had 8 receptions for 179 yards with 2 TDs

Detroit Lions head coach Dan Campbell

Fans celebrating Detroit Lions touchdown

Detroit Lions QB #16 Jared Goff sets to throw to WR #8 Josh Reynolds. Goff was 26 for 39 for 378 with 4 TDs and 1 INT. Reynolds had 7 receptions for 81 yards with 1 TD

Detroit Lions get ready to take the field for the begining of the game

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Pateando la No. 5

City Moves Up

David Levine
EL CENTRAL

Detroit City's long regular season is nearly done. It's been a grind. Two games remain, a midweek match at Louisville City and a home game on October 15 against Miami FC. There is still hope of a home playoff game for Le Rouge after a superb away win at Loudoun County last Saturday. The win turned out to be even more valuable, because the three teams closest to them in the table lost. Miami, Pittsburgh and Birmingham losing on the same night allowed City to jump over Pittsburgh into fifth place in the Eastern Conference with just two games remaining. They are just one point behind Birmingham, who would be a good match up for the first round of the Eastern Conference playoffs home or away.

Leesburg, Virginia felt the effects of Hurricane Ian's remnants last weekend, drenching Segra Field and the brave fans who turned out to see Loudon's last home game in the Championship before they move to MLS Next Pro in 2023. They witnessed a patient visitor slowly and methodically build up an insurmountable lead while having key plays from key players in every position on the field. With ruthless efficiency, Le Rouge punished Loudon for leaving themselves open to quick attacks.

The beating began early as Yazeed Matthews skipped a ball on the wet turf past goalkeeper Luis Zamudio. The speculative drive from over 25 yards looked like an easy stop, but the heavy rain caused the ball to pick up speed when it bounced, leaving the Loudon goalkeeper red-faced. City rarely has an early lead, so this was a luxury to enjoy. A couple of sharp saves by Nate Steinwascher kept City ahead the until an intercepted goal kick turned into a second goal before halftime. Abdoulaye Diop drove forward, but was stopped. The ball fell to Francis Atuahene who drew a defender and laid the ball off for Maxi Rodriguez to sprint through and slot the ball past Zamudio. City went into the break ahead 2-0.

Rodriguez added his second and the team's third when he nodded in Matt Lewis' header from a corner kick after 66 minutes. City has only been ahead 3-0 in one other game this season, against Atlanta United II. They were in dreamland, even with the weather conditions staying abysmal from start to finish. But, Maxi Rodriguez had one more gift for the fans streaming at home and the handful who made the trip to Virginia. Three minutes after his second goal, Maxi completed his hat trick with a simple tap in. Antoine Hoppenot beat Loudon's offside trap and squared the ball to give the hat trick hero the easiest shot he will ever have. Maxi Rodriguez has now become the first DCFC player to have a three-goal game this season.

Detroit City isn't going make a lot of jaw-dropping plays, the odd bicycle kick by Conor Rutz excluded, but they will remain in every game against every opponent no matter what the stats say. Loudon out-possessed DCFC 54% to 46% and held an edge in many of the passing categories, too. It hardly matters to Trevor James' team. They have a plan for each game and stick to it. There are games where it would certainly help to have Plan B, some alternative for when the strategy doesn't work as well as it did against Loudon. Louisville will be a much tougher proposition. They have yet to lock up the top spot in the Eastern Conference and have already bested City once in the league and once in the US Open Cup. Earning even a point in that game will set up the final weekend of the season for some real drama as the club tries to rewards its fans with a first round home game in the playoffs.

Detroit City FC Defeat Loudon United FC !!!

This past weekend, Detroit City FC beat, Loudon United FC, 4-0,Segra Field, in Leesburg, Virginia. Detroit City FC, Host Miami FC, on Saturday, October 15th, for their final game of the regular season, at Keyworth Stadium, in Hamtramck, MI at 4:00 pm (WMYD TV20 Detroit).

Photos below are highlights from Detroit City FC vs. Loudon United FC

Photos provided by Detroit City FC (photographer Jon DeBoer) and Loudon United FC

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EDITORIAL OPINION

"Donald J. Trump's Lawyer Army Strikes!"

By Raoul Lowery Contreras

Donald J. Trump has filed a lawsuit against CNN; he is suing for defamation and wants $475 million dollars.

First, Donald J. Trump does not know what defamation is. Secondly, he doesn't understand the Constitution's protection of free speech, expression and association. Thirdly, he obviously is unaware of how the Supreme Court ruled in the New York Times v. Sullivan case in 1964.

The key word in that decision was "malice."

The wise men and women in this precinct are positive that "C" student Trump at Fordham and Pennsylvania did not exit those institutions knowing what "malice" means. We are also sure that Trump didn't attend any Constitutional law class when that case was discussed.

And, we can assume that his lawyers have been too busy chasing ambulances or hiding secret documents of the U.S. in cardboard boxes at Mar A Lago to have read the case either.

Simply put the Court ruled that a public office holder or candidate for public office must prove the elements of defamation -- i.e. publication of a FALSE defamatory statement to a third party (readership or viewership) but, additionally, the Plaintiff MUST prove the "defamatory" statement was made with "actual malice."

For the sake of the "C" student and his "lawyers," the defendant, in this case CNN, must know the statement (s) was absolutely false or "recklessly disregarded" whether it might be false.

Trump is familiar with "malice," malicious intent and how those words are applied to outright falsehoods, outright lies.

For example, on election night one-year and 11 months ago President Donald Trump announced to the world that he had won the election. It was ten p.m. in California. Trump knew that was not true. When the Fox News election staff announced that Trump had lost Arizona, Trump's people objected vigorously to Fox about the call. Fox refused to change its decision to call Arizona for Biden. Numerous recounts and outside investigations proved that call was correct.

The point: Trump and his people lied outright about his winning the election in claiming he had won before over half the votes cast were even counted. He did so, we now know, as part of a strategy bandied about by his friend, convicted felon Roger Stone, who we have on video tape advising Trumpies to claim Trump won no matter what the calls were state by state and regardless if any votes had even been counted.

Stone told people to claim Trump won in order to confuse the matter and cause massive legal attacks by Trump and his people that, in fact, we watched in over 60 different courts around the country including the U.S. Supreme Court. As we all know, not a single court victory by Trumpies was recorded.

Can Donald Trump present any real examples of defamatory statements made by any CNN employee on the air? Then can he prove that CNN knew or should have known that the incident was made public with "actual malice?"

Can Donald Trump show "actual malice" by CNN and the other news outlets he says he will also sue for defamation?

Can Donald Trump sue for defamation for anything said or published while he was President? That's one legal question. Another might be because he has never admitted defeat, can he be considered a candidate for office? Can he sue for anything said or published that has been proven wrong and for which the defendant has apologized for and/or corrected?

As Trump is a citizen of Florida and CNN is a corporation in another state he has properly filed his suit in a federal court in Florida. Will the case go before a Trump appointed judge? We don't know. Neither does he nor do his lawyers.

Whichever judge handles the case we know one thing, that judge knows what "actual malice" means and will be happy to school Trump's lawyers. If that is not enough, appellate judges in the 11th Circuit in Atlanta will be happy to define it for Trump's lawyers, for Trump and for that 30% of ignorant Americans who believe every word Trump says or posts.

The New York Times v. Sullivan (1964). If only Trump had ever read the case he wouldn't be suing.

A reminder: Trump as owner of the New Jersey Generals, a football team in a league (USFL) that tried to compete with the National Football League (NFL), sued the NFL for monopolistic practices or broadcast rights in the fall of the year.

Trump won the lawsuit. It is called a "Pyrrhic victory."

The jury awarded Trump and the other USFL owners Three dollars in triple damages. Not a billion dollar merger, or millions in damages -- three dollars. That's all.

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3 Ways a Physical Therapist Can Help You Manage Long COVID

(StatePoint) Long COVID can affect anyone who's had COVID-19, even those who've had mild illness or no symptoms initially. New data from the Centers for Disease Control and Prevention shows that nearly 1 in 5 U.S. adults who have had COVID-19 experience new or lingering symptoms that last three or more months after first contracting the virus. Physical therapists can play an essential role in managing symptoms of long COVID.

Long COVID is unpredictable, and research is evolving, however common symptoms include extreme fatigue, shortness of breath, racing heart, dizziness, muscle aches and pains, brain fog, problems completing everyday activities and poor exercise tolerance. It's also important to note that certain types of physical activity may not be appropriate for everyone living with long COVID.

"A highly-personalized plan of care that includes working with a physical therapist is important," says Leo Arguelles, PT, DPT, American Physical Therapy Association spokesperson. "People with long COVID can benefit from being monitored during exertion and should follow prescribed exercise dosing that helps them gradually progress, rather than pushing through fatigue on their own, which could potentially set them back."

Physical therapists are movement experts who regularly treat individuals with the kinds of symptoms that people with long COVID experience. Here are three reasons to consider including a physical therapist on your long COVID care team.

Physical therapists:

1. Take a full-body approach. Physical therapists assess your overall well-being. They can develop a personalized treatment plan to address issues such as fatigue, respiratory function and cardiac endurance. They can work and communicate with your primary care physician and can refer you to other health care providers if they feel you'd benefit from seeing another specialist. Physical therapists and physical therapist assistants collaborate with each other, and with other health professionals, to ensure that you receive the best care.

2. Help you move safely. Movement is essential to your recovery and your mental health. However, for some people, long COVID includes post-exertional malaise, or PEM, a worsening

of symptoms after physical or mental activities. Your ability often may fluctuate — an activity that's easily tolerated one day may exacerbate symptoms the next. Physical therapists develop prescribed exercise programs based on your symptoms and how your body responds and can monitor your symptoms, blood pressure, heart rate and oxygen levels to ensure your safety while doing exercises. This may include low-intensity stretches, strengthening exercises and balance training.

3. Help improve your quality of life. Through patient education, a physical therapist can help you find the balance between rest and activity and identify the right kind and amount of movement you should get to improve your tolerance for everyday activities.

More research is being done on long COVID every day. Your physical therapist will review available research findings and can adjust your treatment plan as needed. To learn more and find a PT near you, visit ChoosePT.com.

Fármaco experimental logra frenar un 27% el deterioro cognitivo por Alzheimer

Un fármaco experimental contra el Alzheimer fabricado por Eisai Co Ltd y Biogen ralentizó el deterioro cognitivo y funcional en una prueba amplia con pacientes en las primeras fases de la enfermedad, dijeron las compañías, lo que podría suponer una rara victoria en un terreno plagado de medicamentos fallidos.

Hasta la fecha, numerosos laboratorios han intentado hallar de forma infructuosa un tratamiento eficaz para esta enfermedad, que provoca un desgaste cerebral y afecta a unos 55 millones de personas en todo el mundo. Un avance supondría un gran impulso para estudios similares realizados por Roche y Eli Lilly.

En relación con los resultados del fármaco de Eisai y Biogen, anunciados en la noche del martes, Ronald Petersen, director del Centro de Investigación de la Enfermedad del Alzheimer de la Clínica Mayo, en Rochester en Minnesota, dijo "no es un efecto enorme, pero es un efecto positivo".

El fármaco, llamado lecanemab, ralentizó el avance de la enfermedad un 27% en comparación con un placebo, cumpliendo el objetivo principal del estudio y ofreciendo una esperanza a los pacientes y sus familias, desesperados en su búsqueda de un tratamiento eficaz.

La carrera para frenar la progresión del Alzheimer se produce en un momento en que se espera que el número de estadounidenses que padecen la enfermedad se duplique hasta alcanzar los 13 millones en 2050, según la Asociación del Alzheimer.

En el mundo, la cifra podría alcanzar los 139 millones en 2050 sin un tratamiento eficaz, según Alzheimer's Disease International.

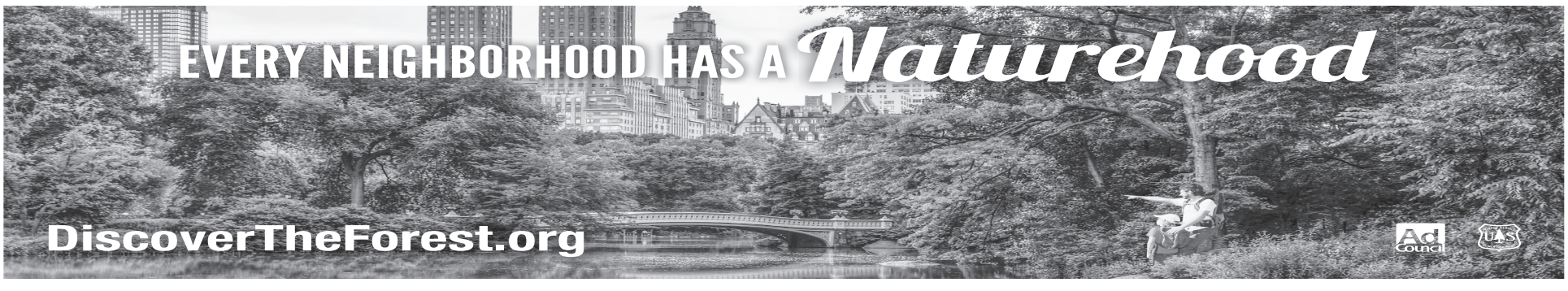
Eisai, líder del programa de lecanemab de la asociación 50-50, busca la aprobación de la Administración de Alimentos y Medicamentos (FDA) por una vía acelerada y se espera una

decisión para principios de enero.

Su objetivo es lograr la plena aprobación y comercialización del fármaco en Estados Unidos, Europa y Japón para fines de 2023, dijo a la prensa en Tokio su director general, Haruo Naito.

Eisai afirmó que los resultados del ensayo con 1,800 pacientes confirma la antigua teoría de que la eliminación de los depósitos pegajosos de una proteína llamada beta amiloide del cerebro de las personas con Alzheimer en fase inicial puede retrasar el avance de la enfermedad debilitante.

Los datos son una "victoria inequívoca" para los pacientes de Alzheimer, dijo Evan Seigerman, analista de BMO, mientras que Michael Yee, de Jefferies, indicó que los resultados sugieren una nueva franquicia potencialmente multimillonaria.



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Matt Elliott
Presidente de Bank of America en Detroit

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